



National Child Measurement Programme
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Height and weight checks for children in Reception and Year 6

Every year in England, school children in reception and year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. Your child's class will take part in this year's programme.

The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

If your child is under or above a healthy weight range, you will receive your child's measurement data in a letter, as this can be useful information to have about your child's growth. **Parents with children in the healthy weight range will not receive a letter detailing their child's measurements.**

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. It is your choice to share or not share the information with your child.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or General Practitioner.

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category
- your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets held by NHS England and Department of Health and Social Care, may also be linked to allow the addition of information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved.
- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.
- your address is required to send you your child's feedback letter (if under or above a healthy weight range). This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.
- your telephone number is required as we may contact you to discuss your child's feedback and offer you further support following your child's height and weight measurement.

All the data collected is also used for improving health, care and services through research and planning.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How the data is used

The information collected from Warrington schools will be gathered together and held securely by Warrington Borough Council. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

The information collected about your child will be shared with NHS England and the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

Both NHS England and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use

the data to produce [National Child Measurement Programme](#) statistics reports showing trends at national and local community level.

De-personalised information from the National Child Measurement Programme may also be shared by NHS England with other organisations, such as universities. This information cannot be used to identify your child, and NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

- **Information about how Bridgewater collect and use information can be found at:** [How we use and protect your personal information – Bridgewater Community Healthcare NHS Foundation Trust](#)
- **Information about how NHS England and Office for Health Improvement and Disparities collect and use information can be found at:** [How we look after your health and care information - NHS England Digital](#) and [Department of Health and Social Care - GOV.UK](#)
- **Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at:** [National Child Measurement Programme - NHS England Digital](#)

Withdrawing your child from the National Child Measurement Programme

If you are happy for your child to be measured, you do not need to do anything.

If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight please **Email:** bchft.ncmpwarrington@nhs.net using the header; **Warrington NCMP Team** (0-19 Service, Bridgewater Community Healthcare NHS Foundation Trust). Please include your child's full name and date of birth.

Your child will not be made to take part on the day if they do not want to.

Further information – national

- Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>
- Information and **fun ideas to help your kids stay healthy** can be found at <https://www.nhs.uk/healthier-families/>
- **Children's weight** pages provide additional support and information relevant to a child's weight category

Further information – Warrington's Every Body Counts Programme

Please find information below about Warrington's Every Body Counts Programme delivered by Warrington Wolves Foundation.

Overview: A **free 12-week programme** designed to support children and young people (ages 5–16, or up to 25 with SEND) and their families in adopting healthier lifestyles. This programme can be delivered face to face, as part of a small group, or online.

Focus Areas: Physical activity, Emotional wellbeing and Nutrition

Key Goals:

- Empower families to make informed lifestyle choices.
- Help participants thrive in home, school, or work environments.
- Create a compassionate, tailored support system.
- Build a healthier and happier Warrington.

Contact & Further Information:

- **Website:** [Every Body Counts](#)
- **Email:** everybodycounts@warringtonwolvesfoundation.com
- **Phone:** 01925 248894

Yours faithfully,



Debbie Watson
Director of Public Health
Public Health
People Directorate
Warrington Borough Council



Sharon Cooper
Director of Children's Services (DCS)
People Directorate
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